

Sleep your way to holiday sanity!



The holidays are upon us. Your to-do list is most likely longer than usual, which means that your stress level may be higher than usual, too. You may be tempted to change some of your everyday routines in order to cross things off of that lengthy list. Don't feel like washing your hair? Hey, dry shampoo exists for a reason! Before you push your bedtime later, though, know this: Getting good sleep during the holidays can be the difference between enjoying the season and enduring it. Do your best to stick to a consistent bedtime that allows for a minimum of 7 hours of sleep. Fit in a brisk walk, even if it's a short one. Beware the open bar at holiday parties. Yes, alcohol feels relaxing in the moment, but it can disrupt your sleep. And if your mind is still whirling when you out on your PJs, try this calming exercise.

Seated ragdoll pose: This pose helps your body access its relaxation response. Sitting in a chair, place your legs and feet about shoulder-width apart. Slowly bend forward at the waist until your torso is relaxed and hanging down. Allow your head to hang, completely relaxed, and keep your neck and face soft. If you suffer from back pain, start gently, keeping your hands on your thighs for support. If it feels okay, let your arms dangle, take hold of your elbows with your hands to gently increase the stretch, or gently sway from side to side. Hold the pose for at least 10 breaths. Slowly roll up.

Have a great holiday season!